

## HELGA'S EDITORIAL

***Luke 17 15-16 "Then one of them, when he saw that he was healed, turned back praising God with a loud voice; and he fell on his face at Jesus' feet, giving him thanks."***

Dear Friends,

The above scripture talks about the ten lepers who were all healed and only one returned to give glory to God by offering thanks and worship.

Are we a thankful people? As a little child we learned to say thank you whenever someone gave us something or we wanted something. Do we still say thank you on a daily basis, both to each other and to God? Do we actually do this or do we concentrate on all the things we feel we need for our lives to change; the possessions we desire; the prayers we want God to answer or concentrate on the slights and injuries we believe we have received at the hands of others?

Scripture commands us to give thanks in all circumstances. How wonderful our life and the lives of those around us would be if we would just give thanks for both the small and the great things people do for us. How wonderful our relationships with others would be as we value each other and recognize both big and little blessings along with the sacrifices others contribute on a daily basis to our lives.

How blessed our spiritual lives would be if we would but give thanks to each other and to God. How wonderful it is to know that our praises join with the praises of many people throughout the world when we give God the glory due His name.

**I want to thank all of you reading this. Thank you for your support and prayers for UCHM; for the encouragement of your testimonies when you let us know how God has blessed you and the financial help you give when you bless us with your gifts of money and service. THANK YOU.**

**Below is an excerpt from a newspaper which may challenge us spiritually.**

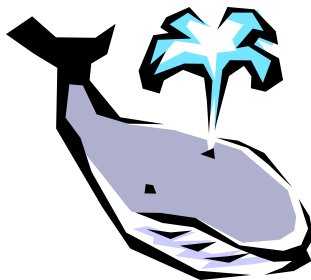
"The fifty-foot whale was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her tail, her torso and a line tugging in her mouth.

A fisherman spotted her just east of the Farallone Islands (outside the Golden Gate) and radioed an environmental group for help. Within a few hours, the rescue team arrived and determined that she was in a desperate condition; the only way to save her was to dive in and untangle her - a very dangerous proposition. One slap of the tail could kill a rescuer.

They worked for hours with curved knives and eventually freed her. When she was free, the divers say she swam in what seemed like joyous circles. She then came back to each and every diver, one at a time, and nudged them, pushed them gently around - she thanked them. Some said it was the most incredibly beautiful experience of their lives.

The guy who cut the rope out of her mouth says her eye was following him the whole time, and he will never be the same.

May you, and all those you love, be so blessed and fortunate to be surrounded by people who will help you get untangled from the things that are binding you. And, may you always know the joy of giving and receiving gratitude."



***John 8:36 "So if the Son makes you free, you will be free indeed."***

# A HEALING JOURNEY

Trainer: HELGA TAYLOR



This seminar will give space to reflect on the earlier stages of our life, to understand the effect they have had upon us, so as to enable us to move through them and thereby enhance our spiritual development.

**11<sup>th</sup>, 12<sup>th</sup> OCTOBER 2013**

**Friday eve 6.00-9.30, Saturday 9.30- 4.30**

Held at UCHM

Contact us for an booking form or more details

***Prov 3 v 5 "Trust in the Lord with all your heart, and do not rely on your own insight"***

**Things Aren't Always What They Seem...**

Two traveling angels stopped to spend the night in the home of a wealthy family. The family was rude and refused to let the angels stay in the mansion's guest room. Instead the angels were given a space in the cold basement. As they made their bed on the hard floor, the older angel saw a hole in the wall and repaired it. When the younger angel asked why, the older angel replied..."Things aren't always what they seem".

The next night the pair came to rest at the house of a very poor, but very hospitable, farmer and his wife. After sharing what little food they had the couple let the angels sleep in their bed where they could have a good night's rest. When the sun came up the next morning the angels found the farmer and his wife in tears. Their only cow, whose milk had been their sole income, lay dead in the field. The younger angel was infuriated and asked the older angel "How could you have let this happen!? The first man had everything, yet you helped him," she accused. "The second family had little but was willing to share everything, and you let their cow die." "Things aren't always what they seem," the older angel replied.

"When we stayed in the basement of the mansion, I noticed there was gold stored in that hole in the wall. Since the owner was so obsessed with greed and unwilling to share his good fortune, I sealed the wall so he wouldn't find it. Then last night as we slept in the farmers bed, the angel of death came for his wife. I gave her the cow instead. Things aren't always what they seem."



*Sometimes this is exactly what happens when things don't turn out the way they should. If you have faith, you just need to trust that every outcome is always to your advantage. You might not know it*

*until some time later.*

Think about this: Should you find it hard to get to sleep tonight --

- Just remember the homeless family who has no bed to lie in.
- Should you find yourself stuck in traffic; Don't despair. There are people in this world for whom driving is an unheard of privilege.
- Should you have a bad day at work, think of the man who has been out of work for the last three months.
- Should you despair over a relationship gone bad, think of the person who has never known what it's like to love and be loved in return.
- Should you grieve the passing of another weekend, think of the woman in dire straits, working twelve hours a day, seven days a week, for £15.00 to feed her family.
- Should your car break down, leaving you miles away from assistance -- think of the paraplegic who would love the opportunity to take that walk.
- Should you notice a new gray hair in the mirror, think of the cancer patient in chemo who wishes she had hair to examine.
- Should you find yourself at a loss and pondering what is life all about, asking "What is my purpose;" -- be thankful, there are those who didn't live long enough to get the opportunity.
- Should you find yourself the victim of other people's bitterness, ignorance, smallness or insecurities -- remember, things could be worse...You could be them!!!

Author unknown—taken from [www.butlerwebs.com](http://www.butlerwebs.com)

# **LAST CHANCE TO BOOK ONTO: Advanced Diploma in Counselling — Level Four**

**TRAINER: Helga Taylor**

**Starting September 2013**

A substantial core Counselling Diploma course with supervised placement which may be counted for accreditation purposes.

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## **ALSO BOOKING:**

### **Introduction to Counselling Skills in a Christian Setting — Level Two**

Entry stage for anyone wanting to become a counsellor or for people involved in pastoral care work to develop their listening skills and gain a basic understanding of counselling theory

**TRAINER: Helga Taylor**

**Starting January 2014**

4 Friday evening all day Saturday weekends over 4 months

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**For an information pack for either course  
please contact us on:**

**Tel: 01484 461098**

**Email: [training@uchm.org](mailto:training@uchm.org)**

*Jeremiah 29 v 13 "You will seek Me and find Me; when you seek Me with all your heart."*

## BIG ROCKS

One day an expert in time management was speaking to a group of business students and to drive home a point, used an illustration those students will never forget.

As he stood in front of the group of high-powered overachievers he said, "Okay, time for a quiz," and he pulled out a one gallon wide mouth mason jar and set it on the table in front of him. He also produced about a dozen fist-sized rocks and carefully placed them, one at a time, into the jar.

When the jar was filled to the top and no more rocks would fit inside, he asked, "Is this jar full?"



Everyone in the class yelled, "Yes." The time management expert replied, "Really?" He reached under the table and pulled out a bucket of gravel. He dumped some of the gravel in and shook the jar causing the pieces of gravel to work themselves down into the spaces between the big rocks. He then asked the class once more if the jar was full.

By this time the class was on to him and said "Probably not."

"Good" he replied. He reached under the table and brought out a bucket of sand and started dumping it into the jar. The sand went into all of the spaces left between the rocks and the gravel. Once more he asked if the jar was full.

"No!" the class shouted. Once again he said "Good" and grabbed a pitcher of water and began to pour it into the jar until the jar was filled to the brim.

Then he looked around the room and asked, "What is the point of this illustration?"

One eager beaver raised his hand and said, "The point is that no matter how full your schedule is, if you try really hard you can always fit some more in."

"No," the speaker replied, "that's not the point. The truth is that this illustration teaches us that if you don't put the 'big rocks' in first, you'll never get them in at all."

What are the 'big rocks' in your life? Time with our loved ones, your faith, your education, your dreams, a worthy cause, teaching or mentoring others. Remember to put these BIG ROCKS in first, or you'll never get them in at all. So, tonight, or in the morning, when you are reflecting on this short story, ask yourself this question: What are the BIG ROCKS in my life?

Then, put those in your jar first."

Author unknown  
Taken from [www.motivational-messages.com](http://www.motivational-messages.com)



## **Upcoming Training -**

**As part of UCHM's Continuing Professional Development  
Training Programme:**

### **Evidence Based Practice**

Trainer: Michael Huxley

Afternoon of Tuesday 2nd July 2013  
— 1.00pm—4.30pm

### **Working with Sexual Trauma**

Trainer: Liz Hardy

Friday 5th and Saturday 6th July 2013  
—9.30am—4.30pm

### **Domestic Abuse Awareness Training**

Trainers: Sara Kirkpatrick and Susie Waddington

Friday 27th (6.00pm—9.30pm) and Saturday 28th  
(9.30am—4.30pm) September 2013

### **Racial Awareness**

Trainer: Helga Taylor

Friday 4th October 2013  
— 9.00am—5.30pm

### **Child Protection Issues**

Trainer: Sandra Conaghan

Saturday 5th October 2013  
— 9.00am—5.30pm

### **Post Traumatic Stress Disorder and EMDR**

Trainer: Jackie Darke

Friday 15th (6.00pm—9.30pm) and Saturday 16th  
(9.30am—4.30pm) November 2013

For booking forms or more information please contact the centre on 01484 461098, email [training@uchm.org](mailto:training@uchm.org), or visit our website - [www.uchm.org](http://www.uchm.org) - where booking forms can be downloaded to print out

UCHM is a charity providing accessible counselling services throughout the region. Your contribution will be used to sustain the work of the Charity.

## The Wings of Prayer

Just close your eyes and open your heart,  
Feel your worry and cares depart.  
Just yield yourself to the Father above,  
Let Him hold you secure in His **love**.  
For life on earth grows more involved  
With endless problems that can't be solved.  
But, God only asked us to do our **best**,  
Then He will take care of and finish the rest  
So when you're **tired**, **discouraged** and feeling **blue**,  
There is **always** a door open for you,  
That is the door to the house of prayer,  
You'll find God waiting to meet you there.  
The house of prayer is not further away  
Than the quiet place where you kneel to pray  
For the heart is a temple when God is there,  
When we place ourselves in **His** loving care.  
He hears *every* prayer, and answers each one,  
when we pray in His name~Thy will be done  
The burdens that seemed too heavy to bare,  
Are lifted away on **THE WINGS OF PRAYER**

Author unknown—taken from [www.christianstories.com](http://www.christianstories.com)



# Prayer Diary

## *June*

3 <sup>rd</sup>	Advanced Counselling Skills Level Three
4 <sup>th</sup>	Group Supervision
	UCHM Monthly Worship Time
7 <sup>th</sup> —8 <sup>th</sup>	Advanced Counselling Skills conference
10 <sup>th</sup>	Start of new Advanced Counselling Skills Level Three
11 <sup>th</sup>	Advanced Diploma in Counselling Year One
17 <sup>th</sup>	Advanced Counselling Skills Level Three
24 <sup>th</sup>	Advanced Counselling Skills Level Three (new)
25 <sup>th</sup>	UCHM Managers Meeting
	Advanced Diploma in Counselling Year One
28 <sup>th</sup> —29 <sup>th</sup>	Egan Skilled Helper conference

## *July*

1 <sup>st</sup>	Advanced Counselling Skills Level Three (new)
2 <sup>nd</sup>	Advanced Diploma in Counselling Year One
	Group Supervision
	UCHM Monthly Worship Time
5 <sup>th</sup> —6 <sup>th</sup>	Working With Sexual Trauma Conference
8 <sup>th</sup>	Advanced Counselling Skills Level Three—Inner Child Session—Trainer Helga Taylor
9 <sup>th</sup>	UCHM Finance Committee Meeting
15 <sup>th</sup>	Advanced Counselling Skills Level Three (new)
	Affiliated Standards Meeting
16 <sup>th</sup>	Advanced Diploma in Counselling Year One
17 <sup>th</sup>	Helga away at ACC Board
22 <sup>nd</sup>	Advanced Counselling Skills Level Three
25 <sup>th</sup>	Trustees Meeting
30 <sup>th</sup>	UCHM Managers Meeting

## *August*

5 <sup>th</sup> —16 <sup>th</sup>	Centre closed for Summer Holidays
26 <sup>th</sup>	Centre closed for Bank Holiday
28 <sup>th</sup>	UCHM Retreat Day at the House of the Resurrection, Mirfield

***Ps 143 v 8 “Let me hear in the morning of thy steadfast love, for in thee I put my trust. Teach me the way I should go, for to thee I lift up my soul.”***

## **I TRIED TO CLIMB THE MOUNTAIN TODAY**

I tried to climb the mountain today. As I inched my way up the path, I felt overwhelmed, so I had to turn back.

I tried to climb the mountain today. On my journey, darkness started to fall, and I was full of fear, so I had to return to a safe place.

I was ready to climb the mountain today. But it was so hot outside, I thought I better stay in my nice air-conditioned house and rest up for tomorrow's attempt.

I was about to climb the mountain today. But I had so many other things to do, so instead of climbing the mountain I took care of much more important tasks. I washed my car, mowed the grass and watched the big game. Today the mountain will just have to wait.

I was going to climb the mountain today. But as I stared at the mountain in it's majestic beauty, I knew I stood no chance of making it to the top, so I figured why even bother trying.

I have forgotten about climbing the mountain today; until a friend came by and asked me what I was up to lately. I told him I was thinking about climbing that mountain some day. I went on and on about how I was going to accomplish this task.

Finally, he said, "I just got back from climbing the mountain.

For the longest time I told myself I was trying to climb the mountain but never made any progress. I almost let the dream of making it to the top die. I came up with every excuse of why

I could not make it up the mountain, but never once did I give myself a reason why I could. One day as I stared at the mountain and pondered, I realized that if I didn't make an attempt at this dream all my dreams will eventually die."

"The next morning, I started my climb." He continued, "It was not easy, and at times I wanted to quit. But no matter what I faced, I placed one foot in front of the other, keeping a steady pace. When the wind tried to blow me over the edge, I kept walking. When the voices inside my head screamed "stop!" I focused on my goal never letting it out of sight, and I kept moving forward. At times, I was ready to quit, but I knew I had come too far. Time and time again, I reassured myself that I was going to finish this journey. I struggled to make it to the top, but I climbed the mountain!"

"I have to be going," my friend said. "Tomorrow is a new day to accomplish more dreams. By the way, what are you going to do tomorrow?"

I looked at him, with intensity and confidence in my eyes, and said, "I have a mountain to climb."

- Gary Barnes

Taken from [www.motivational-messages.com](http://www.motivational-messages.com)





# **WANTED!**

## **VOLUNTEERS**

Do you have a few hours a week to spare?  
Would you like to help us make a difference in  
people's lives?

We are a counselling and training centre based in  
Milnsbridge and are currently looking for people  
to fill the following vacancies:

**Monday Night Receptionist**

**Fundraising Coordinator**

**Admin Support Workers**

**Caretaker**

If you are interested in any of these roles, then  
please contact United Churches Healing Ministry  
on:

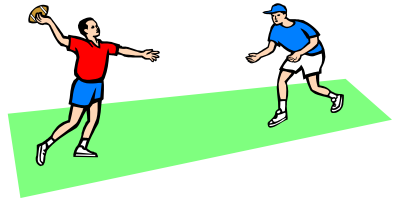
01484 461098 or email [uchm@uchm.org](mailto:uchm@uchm.org)  
for more details

## **The Power of Your Actions**

One day, when I was a freshman in high school, I saw a kid from my class was walking home from school. His name was Kyle. It looked like he was carrying all of his books. I thought to myself, "Why would anyone bring home all his books on a Friday? He must really be a nerd."

I had quite a weekend planned (parties and a football game with my friends tomorrow afternoon), so I shrugged my shoulders and went on. As I was walking, I saw a bunch of kids running toward him. They ran at him, knocking all his books out of his arms and tripping him so he landed in the dirt. His glasses went flying, and I saw them land in the grass about ten feet from him. He looked up and I saw this terrible sadness in his eyes. My heart went out to him. So, I jogged over to him and as he crawled around looking for his glasses, and I saw a tear in his eye. As I handed him his glasses, I said, "Those guys are jerks. They really should get lives."

He looked at me and said, "Hey thanks!" There was a big smile on his face. It was one of those smiles that showed real gratitude. I helped him pick up his books, and asked him where he lived. As it turned out, he lived near me, so I asked him why I had never seen him before. He said he had gone to private school before now. I would have never hung out with a private school kid before. We talked all the way home, and I carried some of his books. He turned out to be a pretty cool kid. I asked him if he wanted to play a little football with my friends. He said yes. We hung out all weekend and the more I got to know Kyle, the more I liked him, and my friends thought the same of him.



Monday morning came, and there was Kyle with the huge stack of books again. I stopped him and said, "Boy, you are gonna really build some serious muscles with this pile of books everyday!" He just laughed and handed me half the books.

Over the next four years, Kyle and I became best friends. When we were seniors, we began to think about college. Kyle decided on Georgetown, and I was going to Duke. I knew that we would always be friends, that the miles would never be a problem. He was going to be a



doctor, and I was going for business on a football scholarship.

Kyle was valedictorian of our class. I teased him all the time about being a nerd. He had to prepare a speech for graduation. I was so glad it wasn't me having to get up there and speak. Graduation day, I saw Kyle. He looked great. He was one of those guys that really found himself during high school. He filled out and actually looked good in glasses. He had more dates than I had and all the girls loved him. Boy, sometimes I was jealous. Today was one of those days. I could see that he was nervous about his speech. So, I smacked him on the back and said, "Hey, big guy, you'll be great!" He looked at me with one of those looks (the really grateful one) and smiled. "Thanks," he said.

As he started his speech, he cleared his throat, and began. "Graduation is a time to thank those who helped you make it through those tough years; your parents, your teachers, your siblings, maybe a coach, but mostly your friends. I am here to tell all of you that being a friend to someone is the best gift you can give them. I am going to tell you a story."

I just looked at my friend with disbelief as he told the story of the first day we met. He had planned to kill himself over the weekend. He talked of how he had cleaned out his locker so his Mom wouldn't have to do it later and was carrying his stuff home. He looked hard at me and gave me a little smile. "Thankfully, I was saved. My friend saved me from doing the unspeakable."



I heard the gasp go through the crowd as this handsome, popular boy told us all about his weakest moment. I saw his Mom and dad looking at me and smiling that same grateful smile. Not until that moment did I realize its depth.

Never underestimate the power of your actions. With one small gesture you can change a person's life. For better or for worse. God puts us all in each other's lives to impact one another in some way. Look for God in others.

Author unknown—taken from [www.butlerwebs.com](http://www.butlerwebs.com)

# UCHM News

## • Team News

We welcome several new volunteers. Rosie Dempsey has joined as a Admin Support Worker and is working with Sandra Conaghan in the Training team. Janet Holliday has offered two days, one of which she will be working with Lee Crossland on 'The Elms' hire side of the work as Facilities Manager, and the other to work with Sandra Conaghan in the Training team. Michael Wrest, has joined as an Admin Worker and who will be helping out in the office one day a week.

We also have several new trainee counsellors currently going through the recruitment process. They are Wendy Ferreira, Lesley Davenport, Val Squires and Nokuthula Ndlovu.

Due to other commitments Nick Tanna has stepped down from his role as Chair of the Trustees and resigned as a Trustee. We give thanks to Nick for his devoted service to the charity and wish him well for the future., and thank John Wattis who has taken over this important role.

Stephanie Walker is taking time out from her counselling practice and finished her time with us at the end of March. Diana Stockford has taken over from Stephanie as counsellor at the Crossroads in Meltham. We also say goodbye to Leon Mutamirwa who has found a job and has had to give up his role as Monday evening receptionist. We thank them for what they have done and wish them both well for the future.

# The New Organist

The vicar was preoccupied with thoughts as to how he was going to ask the congregation for more money for repairs to the building.

He was annoyed to find that the regular organist was sick and a substitute was sent.

The substitute wanted to know what he was to play.

The vicar gave him the order of service and said,

"You will have to think of something to play after I have made the announcement about the finances."

During the service, the vicar paused and said,

"We are in great difficulty, the roof repairs cost twice as much as we expected and we need £4000 more. If any of you can contribute £100 or more, please stand up."

At that moment the organist played "The National Anthem", and that is how the substitute became the regular organist!

Taken from 'Heavens Above' book



## **In Memoriam**

### **John McGuire**

We were saddened to hear of John's death in February. John was a loving man who was devoted to his wife Carol, his daughters and his grandchildren.

John was the caretaker for the YMCA and he stayed on in this role after we took over the building. He was always very helpful and would often pop across at a moment's notice should something have gone amiss, such as someone locking themselves out!

He was a man of great faith, and he was always inspiring and a great encouragement even after he became ill – when asked how he was he would always reply "fine", which I'm sure he is now.

I personally miss his Wednesday night chats and seeing him in church on Sundays, and I know the rest of the staff at UCHM miss him also.

Pauline and the UCHM Team



### **Gillian Clarkson**

At the end of 2012 we were greatly saddened to hear that Gillian Clarkson, one of our longest serving Core counsellors was diagnosed with Hodgkinson Lymphoma. She seemed to be responding to chemotherapy treatment, but we were devastated when she died suddenly on Easter Sunday 31 March 2013, from an infection.

Gillian joined UCHM as a student on the Diploma course in the summer of 2004 and became a Trainee Placement counsellor. Her loyalty, faithfulness, deep love for the Lord and the quality of her counselling prompted us to invite her to become a voluntary Core counsellor when she qualified in 2006.

The role of Core Counsellor means the volunteer takes on another role within UCHM as their gifts allow, and as well as counselling Gillian joined the Trust Administration team to share her knowledge of accounts. Along with her husband Robert who became our voluntary accountant, they set up the SAGE accounting system which we still use today, and Gillian was part of the Charity Shop management committee until other committee members were found.

In 2007 Gillian joined another core counsellor Ros Hick at the counselling surgery in Horton Bank Methodist church Bradford, and when Ros left in 2009 Gillian took over managing the Bradford surgery. It was Gillian who negotiated the move of the surgery from Horton Bank Methodist church to The Life Centre in Bierley, and she was in the process of turning the surgery into an Affiliated Organisation when she became ill.

Gillian was loved by all who knew her, as she reflected Jesus to all. Her tireless, trustworthy, and faithful contribution to the work of UCHM has bourn much fruit, and she will be very deeply missed.

Sandra McSweeney

Gillian has been a counsellor within the Bradford centre for over 5 years and has been instrumental in the smooth and successful centre move from the Horton Bank Methodist church to the Bierley Life Centre where she has worked tirelessly to promote the work of UCHM within the community.

Fundamental to all the success of the work in Bradford was Gillian's faith to listen and respond to the prompting of the Holy Spirit. She recognised, and was very keen to acknowledge, the role of the third person of Holy Spirit within the counselling room. There were times when we reflected together as to how the Holy Spirit was timely in bringing wisdom, hope and clarity beyond our experience and ability. Together, with Fred our receptionist, we would share a hug and chuckle in amazement and excitement to be present during this process of lives been transformed.

It has been an extremely difficult time for us at the centre but Fred and I would strongly agree that the faith which Gillian practised has kept us grounded. We could not have continued without the strength which she instilled in both of us.

Julia Hyliger  
Bradford Surgery Counsellor



### **David Johnson**

David passed away in 2010, and below are pictures of the bushes that were planted in his memory.

Right, when first  
planted, Autumn 2010,  
and below thriving today.



## Facing Adversity

I have studied the ways of the world: it is clear to me that if a person wants to focus on what is lacking, he will always lack very much. For even the richest and most powerful people still lack a great many things they believe are necessities. On the other hand, if a person remembers that all he has is a gift he has not earned, that man came naked from his mother's womb and everything he has is his only because of God's great kindness, then he can be truly happy with his lot, even if he has no more than a torn cloak and patched shoes, God forbid. How much more should he rejoice if he has some other old garment, even one made of thick rough cloth! When it comes to serving God, a person must be looking constantly for opportunities to rise ever higher. Still, when he sees that he is going through a difficult time, he must not despair ~ he should encourage himself with every last good point that is in him.

Our continued existence and all our vitality come through awesome miracles from God, gifts we receive through the tremendous lovingkindness He extends to us every moment of every day. This is expressed in the holy words that the Rebbe spoke, explaining the verse "In suffering You gave me relief" (Ps. 4:2; *Likutey Moharan* I, 195): there is relief to be found even in the suffering itself; that is, we can find some relief before God, Who in His kindness, releases us from our suffering.

Letter #117



Taken from 'Healing Leaves'  
from the letters of  
Reb Noson of Breslov

# Easyfundraising

Do you shop online?

Why not read on to find out how you can help us raise money while you do it:



It's very simple - just visit

<http://www.easyfundraising.org.uk/causes/uchm/>  
to register and shop with over 2000 well known retailers like Amazon, Argos, M&S, eBay and many more.

Whenever you go to shop, visit Easyfundraising first and click through to the retailer who will make a donation to UCHM.

They've helped UCHM raise over £70 so far, and its quick and easy to do.

We'd be really grateful if you could use easyfundraising too. It won't cost you a penny extra to shop through easyfundraising and you can even save money with special offers and voucher codes.



So please make a difference and take a look at easyfundraising today -

<http://www.easyfundraising.org.uk/causes/uchm/>